



# Healthcare Integration in Arizona



Laura K. Nelson, M.D.  
ADHS Chief Medical Officer  
ADHS/DBHS Deputy Director  
August 23, 2012

## ADHS Mission

*To promote, protect, and improve the health and wellness of individuals and communities in Arizona*

## ADHS Vision

*Health and Wellness for all Arizonans*



# ADHS' Strategic Map



- Central Challenge
  - Achieve Targeted Improvements in Public Health Outcomes
- Strategic Priorities
  - Impact Arizona's Winnable Battles
  - **Integrate Physical and Behavioral Health Services**
  - Promote and Protect Public Health and Safety
  - Strengthen Statewide Public Health System
  - Maximize ADHS Effectiveness

# Integrate Physical and Behavioral Health Services



- Strategic Objectives:
  - Sustain Engagement and Support of Stakeholders
  - Develop Innovative Strategies for Integration
  - Establish Needed Infrastructure
  - Implement and Sustain Integration
  - Demonstrate Impact on Co-Occurring Conditions

# Why Healthcare Integration?

- Nationally, persons with Serious Mental Illness (SMI) served by public mental health systems die, on average, at least 25 years earlier than the general population.
- In Arizona, that number is even higher, about 30 years earlier.
- While suicide and injury account for about 30-40% of excess mortality, about 60% of premature deaths in persons with schizophrenia are due to “natural causes”, including:
  - Cardiovascular disease
  - Diabetes
  - Respiratory diseases
  - Infectious diseases





# Why Healthcare Integration?

- At least 75% of individuals with SMI have a chronic medical illness, which often goes undiagnosed or is misdiagnosed.
- Compared with the general population, individuals with SMI:
  - Engage in fewer health promoting behaviors;
  - Are less physically active than the general population;
  - Are 50% more likely to be overweight and have diets high in fat and low in fiber;
  - Are much more likely to smoke tobacco;
  - Tend to receive poorer quality medical care;
  - Are more likely to take medications that can induce insulin resistance, raise cholesterol levels, or elevate prolactin levels.

# Why Healthcare Integration?

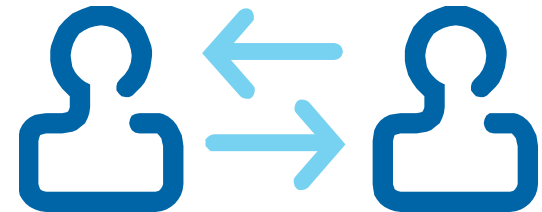


- Improve lifespan and healthcare outcomes.
- Overcome disparities through integrated care.
- Strengthen the focus on screening, prevention, early intervention, care management, patient education and wellness.
- Control costs:
  - Current healthcare system is unsustainable;
  - Small percentage of members account for the greatest costs typically from ER visits, crisis services and inpatient hospitalization.

# Integration activities at ADHS

- **Behavioral Health Licensing Rules**

- The current Behavioral Health Licensing Rules inhibit co-located services and shared medical records.
- The Division of Licensing Services is working to streamline the licensing process to allow for integrated health programs





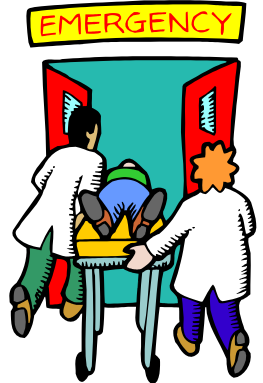
# Integration activities at ADHS



- **Quarterly Health Initiatives**

- ADHS/DBHS partners with a physical health content expert to introduce particular health topics to behavioral health recipients and providers.
- A "kit" is developed: member handout, provider handout, and a webinar.
- Topics: obesity, tobacco, hepatitis, prostate cancer, breast/cervical cancer, physical fitness, cardiovascular health, dental health, diabetes, arthritis/chronic pain, tuberculosis

# Integration activities at ADHS



- **Emergency Department Support**

- In the summer of 2010, ADHS/DBHS launched an initiative to partner with Arizona hospital EDs to educate their staff on various behavioral health topics.
- Goal: provide proper interventions and referrals to those who present to EDs with behavioral health disorders.
- Uses an online, interactive training specifically for ED doctors and nurses to teach them how to conduct substance abuse screening and suicide assessments.

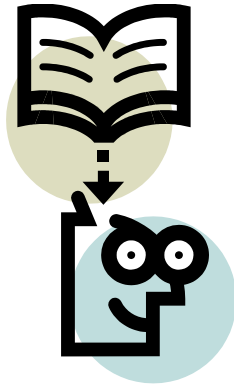
# Integration activities at ADHS

- **Whole-Health Peer-Based Programs**

- ADHS/DBHS spearheaded two initiatives in Maricopa and Pima counties.
- Goal: education and peer-based whole health support about nutrition, exercise, and healthy habits.
- Participants were monitored during the pilot phase for progress and changes in health metrics, including weight, blood pressure, glucose levels, and others.
- Both programs have continued to grow and become sustainable through other funding sources.



# Integration activities at ADHS



- **Chronic Disease Self Management**

- ADHS/DBHS is implementing Stanford's Chronic Disease Self-Management Program (CDSMP) statewide.
- 60 scholarships will be awarded in September for peers to become facilitators of the CDSMP workshops. Currently accepting applications, details at [www.azdhs.gov/bhs](http://www.azdhs.gov/bhs)
- Approximately 570 Arizonans will be able to attend the CDSMP workshops if they:
  - Have a serious mental illness, and
  - Have one or more chronic illnesses; or
  - Are family members/caregivers of someone with an SMI and one or more chronic illnesses.

# Integration activities at ADHS



- **Screening, Brief Intervention, and Referral to Treatment (SBIRT)**
  - Evidence-based practice
  - Screen 100% of the time for unhealthy and/or possible abuse of substances
  - Pilot in Apache, Coconino, Mohave, Navajo, and Yavapai Counties
  - 8-10 Community Health Centers + 1 Emergency Department

# Integration activities at ADHS

- **Tobacco Cessation Partnership**

- Since 2010, ADHS/DBHS has partnered with the ADHS Bureau of Chronic Disease and Tobacco to bring tobacco cessation education and treatment access to behavioral health settings.
- Referrals from the behavioral health provider community to the ASHLine are higher than any other referral source!



*You can quit. We can help. 1-800-55-66-222*

# Integration activities at ADHS

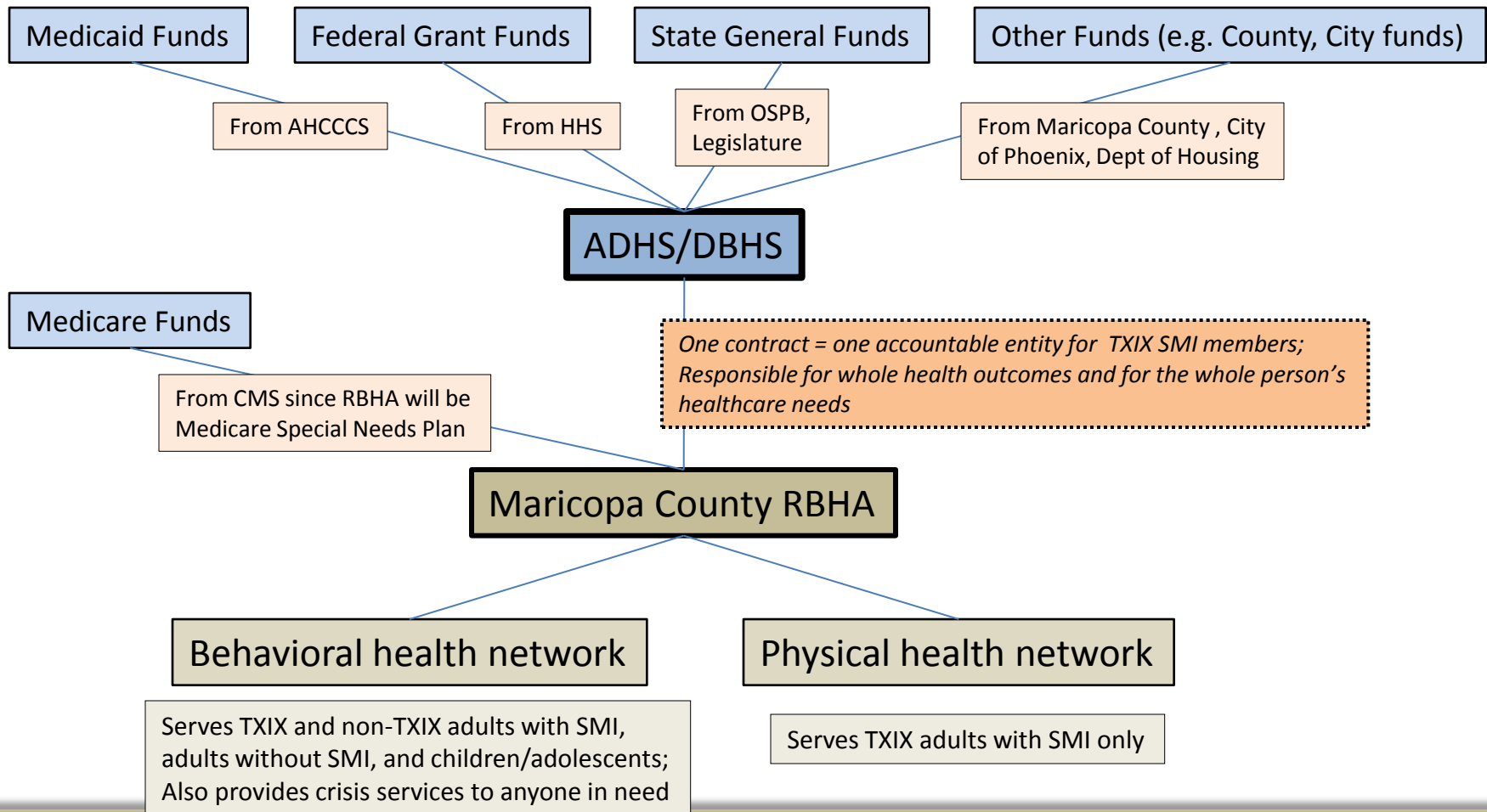


- **Maricopa County RFP**

- System will deliver both physical and behavioral health services by a team of healthcare professionals who are accountable as a whole to demonstrate better healthcare outcomes.
- For persons who have Medicare benefits (dual eligible members), the RBHA will offer services covered through Medicare through either:
  - A CMS-approved demonstration project—Dual eligible members will be automatically enrolled with the ongoing choice to opt-out.
  - A RBHA/Medicare Special Needs Plan.

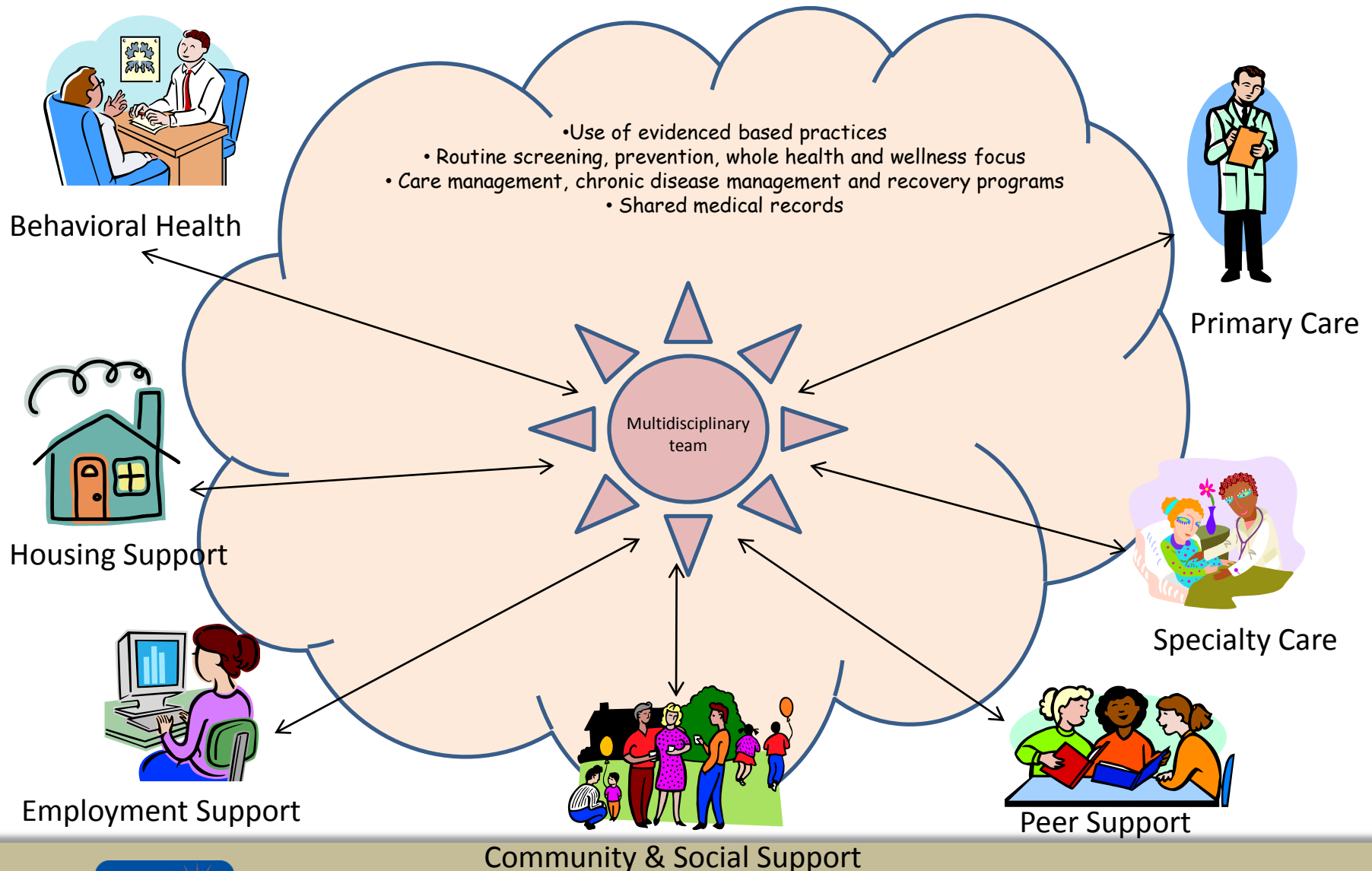
# Maricopa County RFP...

## Integration at the Administrative Level





# Maricopa County RFP...Integration at the Direct Service Level



# Resources

ADHS Integrated Health Website:

<http://www.azdhs.gov/diro/integrated/>

Licensing Rules Revisions:

[http://www.azdhs.gov/diro/admin\\_rules/behavioralhealth.htm](http://www.azdhs.gov/diro/admin_rules/behavioralhealth.htm)

ADHS/DBHS Quarterly Health Initiatives:

<http://www.azdhs.gov/bhs/qhi/>

RFP Information:

<http://www.azdhs.gov/diro/integrated/rbha/index.htm>

